



**BOARD OF REGISTERED NURSING**  
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## **RELAPSE PREVENTION PLAN**

An important component to staying healthy and abstaining from substance use is to have a relapse prevention plan in place before the urge to relapse occurs. Writing a prevention plan that identifies your stressors and possible solutions will help you to resist the temptation when presented with the overwhelming desire to indulge.

Name: \_\_\_\_\_ Date \_\_\_\_\_

My substance of choice (be specific, for example, don't just write "alcohol" or "opiates" but vodka or hydrocodone)

**I plan to prevent my relapse by the following strategies:**

**These are the names of people who I can contact for support:**

**NAME**

**PHONE NUMBER**

This is my list of the good and bad things about using \_\_\_\_\_ (write in your own preferred substance)

GOOD

BAD

These are my early warning signs before I relapse:

These are the activities I enjoy performing:

These are the stressors in my life, how they make me feel, and what I can do about them:

**If I develop a strong urge to use substances that are harmful to me I will contact:**

**If I do, in fact relapse, I will immediately contact:**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_